

# Produce of the Month



## Apricot



### Nutritional Information

- 🌿 One cup of raw Apricot is about 80 calories
- 🌿 One cup of dried unsweetened apricot is 213 calories
- 🌿 Apricot is high in Vitamin A and Vitamin E

### Fun Facts

- 🌿 Apricots are a stone fruit, which means they have a pit at their center
- 🌿 The Chinese associate apricots with symbols of education and medicine
- 🌿 The term "expert of the apricot grove" is associated with doctors and medicine due to the fact that in ancient times a doctor in China asked for apricot tree to be planted for payment

### Selecting, Storing, Preparing

- 🌿 Select raw apricots when they are in season (May-August) and are mostly firm and deep orange/ yellow in color
- 🌿 Ripen apricots in a paper bag
- 🌿 Store un-ripened apricots at room temperature for up to 5 days and ripe apricots in the refrigerator; apricots will not ripen in the refrigerator
- 🌿 A ripe apricot should be able to be twisted open and can be eaten raw

### Recipes/Ideas

- Use apricot in desserts instead of other dried fruits
- Apricots make a nice jam
- Add Apricots to balsamic salad dressing for a nice citrus flavor
- Chop dried apricot and add to your favorite granola

For more ideas:

<http://allrecipes.com/recipes/1474/fruits-and-vegetables/fruits/apricots/>

<http://www.marthastewart.com/275304/apricot-recipes>

<http://95210.townofmanchester.org/>

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